

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-14-07)

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B284 – FLOUR, WHOLE WHEAT, BULK

CATEGORY	<ul style="list-style-type: none"> Grains/Breads
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. No. 2 grade or better whole wheat flour is whole grain. It contains the finely ground bran, germ, and endosperm of the whole wheat kernel. May contain added calcium.
PACK/YIELD	<ul style="list-style-type: none"> Bulk. One lb AP yields about 3¾ cups. CN Crediting: Flour serves as a recipe ingredient; crediting is based on the recipe and portion size. For more information, see section 3 Grains/Breads in the <i>Food Buying Guide for Child Nutrition Programs</i>.
STORAGE	<ul style="list-style-type: none"> Store whole wheat flour off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). If ideal storage conditions are not available, store whole wheat flour under refrigeration. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Whole wheat flour

	¼ cup (30 g)	1 cup (120 g)
Calories	102	407
Protein	4.11 g	16.44 g
Carbohydrate	21.77 g	87.08 g
Dietary Fiber	3.7 g	14.6 g
Sugars	0.12 g	0.49 g
Total Fat	0.56 g	2.24 g
Saturated Fat	0.10 g	0.39 g
Trans Fat	N/A	N/A
Cholesterol	0 mg	0 mg
Iron	1.16 mg	4.66 mg
Calcium	10 mg	41 mg
Sodium	2 mg	6 mg
Magnesium	41 mg	166 mg
Potassium	122 mg	486 mg
Vitamin A	3 IU	11 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.25 mg	0.98 mg

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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> Whole wheat flour products have a distinctive flavor and a coarser texture than those made from white flour. Substitute whole wheat flour for part of the white flour in recipes. For best results, use one part whole wheat flour and three parts white flour. Adding whole wheat flour increases the rising time needed. Because whole wheat flour absorbs liquid more slowly than white flour, yeast breads may also take longer to knead.
USES AND TIPS	<ul style="list-style-type: none"> Whole wheat flour is the primary ingredient in many breads and other baked items.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.